

Menu Suggestions

The items below are not required but are suggestions to help you develop a menu and shopping list for your trip.

SNACKS

Fruit, dried fruit, fruit strips, trail mix, beef jerky, cashew/peanut/almond nuts, energy bars, crackers, popcorn, etc.

LUNCH: Packed lunch, no cooking required.

Easy: Chicken strips

Sandwiches: PB&J, deli meat & cheese

Wraps: tortillas, hummus, meat, etc

Snacks: dried fruit, trail mix, chips, rice cakes, pretzels, string cheese, energy bars, cookies

Drinks: water, juice, sports drink, lemonade

DINNER: Outdoor Cooking

Optional meals below but options are endless, feel free to create your own dishes with the most popular ingredients below.

Key Ingredients for Camp Dinners:

Grill it!

Meat: marinated steak, chicken breast, ground beef, sausages

Vegetables: onion, bell peppers, mushrooms, tomatoes, potatoes, corn on the cob, carrots, limes/lemons

Cook it!

Canned Items: beans, vegetables (corn, carrots, peas, green beans), soup (chicken noodle, tomato, vegetable blend)

Quick & easy: quick cooking pasta (Knorr's), instant rice mixes, cous cous

Dessert: S'mores (marshmallows, graham crackers, Hershey chocolate bars)

Drinks: tea, instant apple cider, instant hot chocolate

Cooking Essentials: aluminum foil, olive oil, spices, seasonings, re-sealable plastic bags

BREAKFAST: Outdoor Cooking

Just add water!

Instant Oatmeal, Hot Cereals, Pancakes (find mix that only needs water), tea, instant coffee, hot chocolate

Cook it!

Breakfast sausages, bacon, eggs (liquid eggs in carton are easy to transport)

Quick and easy: Cereal, granola, fruit, breakfast bars.

Don't forget... butter, syrup, milk, soy milk